

WAFFLES

What makes a waffle brown on the outside is sugar in the batter.

What makes these waffles amazing is their whole-grain goodness without sugar.

For that reason, the waffles made from Arnel's Originals' pancake/waffle mix are delicious, nutritious, and perfectly cooked but not brown.

When I travel and find myself at a hotel with a breakfast buffet sporting a waffle maker, I am thrilled. They are usually the non-stick kind of waffle makers, which leads itself to easy cleaning. I wipe the unit free of wheat batter with a napkin, a toothpick, and an eagle-eye and then prepare my batter.

WAFFLES for 2 people

1 cup Arnel's originals Pancake and Waffle Mix

2 eggs

1/2 to 2/3 water (keep the batter on the thick side)

Mix all ingredients in a cereal bowl

Wait till the waffle maker is real hot and then pour in the batter. Flip the waffle maker and wait for the timer to buzz. Then give it one more minute. Viola! A perfectly delicious gluten free waffle.

You can mix in a mashed banana, handful of nuts, chocolate chips, etc.

Top with syrup, honey, fruit, or anything your imagination comes up with.

Here is a photo of an actual waffle I made at a hotel in Sedona, AZ

